



Folkhälsomyndigheten

Haweenka uurka leh iyo tallaalka covid-19

Dhammaan haweenka uurka leh waxaa lagula talinayaa inay covid-19 iska tallaalaan. Ma jiraan wax tilmaamaya in tallaalka dumarka uurka leh uu wax waxyeello ah ku keenayo hooyada ama uurjiifka.

Halkan, adiga uurka lihi, waxaad ka akhrisan kartaa faahfaahin dheeraad ah oo ku saabsan tallaalka covid-19.

Dhammaan dumarka uurka leh waxaa lagula talinayaa inay is tallaalaan

Dhammaan dadka qaangaarka ah ee ka weyn 18-jir, oo ay ka mid yihiin dumarka uurka leh, waxaa lagula talinayaa inay covid-19 iska tallaalaan.

- Dumarka uurka leh oo ay haystaan xaalado caafimaaddarro ee kordhinaya khatarta ah inuu ku dhaco covid-19 daran ayaa mudnaanta hore ee tallaalka leh, oo [waxay ku jiraan wajiga 3-aad](#).
- [Dumarka uurka leh oo aan lahayn caafimaaddarro halis galinaysa waxaa lala tallaalayaa dadka kale ee ku da'da ah wajiga 4-aad](#).
- Dumarka uurka leh waxaa lagu tallaalayaa mid ka mid ah tallaalada la ansixiyey ee mRNA (*Comirnaty*, *COVID-19 Vaccine Moderna*).
- Uurka toddobaadkiisa 12-aad ka dib ayaa dumarka uurka leh la tallaalayaa, waayo baahida loo qabo ka difaaca cudurka ayaa loo arkaa inay ugu weyn tahay qaybta dambe ee xilliga uurka. Nidaamkaan wuxuu sidoo kale khuseeyaa tallaalada kale, tusaale ahaan tallaalka dureyga.

Badanaa dadka ku xanuunsada covid-19 waxay yeeshaan astaamo fudud, umana baahna inay daryeel raadsadaan. Hase ahaatee infekshanka ku dhaca marinnada hawada wuxuu noqon karaa mid dhib badan oo dumarka uurka leh khatar geliya, siiba xilliga dambe ee uurka. Taas waxaa u dheer inay kordhayso khatarta ah in xilli hore la dhalo, ilmahana halis ayay gelin kartaa.

Tallaalada la ansixiyay ee haweenka uurka leh

Tallaalada covid-19 ee Iswiidhan laga isticmaalo waa loo ansixiyey in la siiyo dumarka uurka leh muddada ay uurka leeyihiin oo dhan. Haddii haweeney uur leh la tallaalo, ma jiraan wax tilmaamaya inay taasu sababayso inay wax waxyeello ah soo gaaraan haweeneyda uurka leh ama uurjiifka. Sidoo kale sooma banbixin in khatarta saamaynta tallaalka ay kordheyso haddii dumar uur leh la tallaalo, marka loo barbardhigo dadka kale. Taas waxaa muujiyay daraasadihii ansixinta aasaaska u ahaa iyo isticmaalka ku xigay ee tallaalka dumarka uurka leh.

Tixraac xaaladaha tallaalka lagu hubinayey ee Maraykanka laga sameeyay, oo dumar la tallaalay oo tiradoodu gaaraeyso 35000 ay iskooda u soo sheegeen saamaynta tallaalka, ayaan la helin wax waxyeello ah oo soo gaaray dumar iyo uurjiif toona.

Dalal badan ayaa maanta ku talinaya in dhammaan dumarka uurka leh loo soo jeediyo inay iska tallaalaan covid-19.

Qof uur leh oo covid-19 laga tallaalay waxay leedahay difaac wanaagsan oo u dhigma dadka kale ee la tallaalay.

Dumarka uurka leh ee ka mid ah kooxaha khatarta gaarka ah ku sugan ayaa mudnaanta hore ee tallaalka leh

Dumarka uurka leh ee xanuunsan ama ay haystaan xaalado caafimaaddarro ee kordhinaya khatarta ah in muddada ay uurka leeyihiin uu ku dhaco covid-19 daran ayaa mudnaanta tallaalka leh oo laga hor marinayaa dadka aan xaaladahaas khatarta ah ku sugnayn ee 18-59 jirka ah iyo uurleyda caafimaadka leh.

Xaaladaha khatarta ah waxaa tusaale ahaan ka mid ah cayil, dhiigkar, sokorow iyo da' ka weyn 35-jir.

Dumarka uurka leh ee ay haystaan xaaladaha khatarta ah waxaa lagula talinayaa inay covid-19 iska tallaalaan xilliga ka dambeeya toddobaadka 12-aad ee uurka. Hase ahaatee way dhici kartaa dumarka uurka lihi oo xaaladaha khatarta ah ku sugan inay xilli hore difaac ay covid-19 isaga caabbiyaan u baahdaan. Hadday taasi jirto, waxaa la tallaali karaa toddobaadka 12-aad ka hor. Go'aanka ah in la is tallaalo todobaadka 12-aad ka hor waxaa lagu gaarayaa habab waafaqsan nidaamyada ka jira gobollada.

Haddaad adigoo uur leh doorato in aadan is tallaalin

Haddaad adigoo uur leh doorato in aadan covid-19 iska tallaalin, waxaa muhiimad dheerad ah leh in, muddada aad uurka leedahay oo dhan siiba xilliga foosha u dhow, aad si feejigan talooyinka guud u raacdo, si aad u yareeyso khatarta ah in cudurka lagu qaadsiiyo. [Akhriiso faahfaahinta ku saabsan talooyinkeena guud](#) si aad u yarayso khatarta ah in adiga cudurka lagu qaadsiiyo ama aad adiga dad kale qaadsiiiso.